



**ACT**  
Government

Education

# Palmerston Post

20 June 2019  
Week 8, Term 2



**Board Chair:** Lisa Fior **Board Members:** Parent Reps: Adam Davidson and Kate Baron

**Teacher Reps:** Jessica Lago and Maxine Green

**P&C President:** Lisa Fior

**Principal:** Kate Smith **Deputy Principals:** Haeley Simms (A/g) & Kylie Moller (A/g)

**Executive Teachers:** Matt Gowen, Felicity McNeice, Catherine Griffin (A/g)

## ASSEMBLY:

21 June Junior - KGM, KMC & KGS

28 June Senior - 3AP & 3AJ

5 July Junior - IEC

## DATES TO REMEMBER:

21 June Year 3/4 Indonesian Arts  
Workshop

24 June Hatching Chicks (Preschool)

26 &

27 June Kindergarten Health Checks

27 June Reports home

2 &

5 July P/S Healthy food challenge

4 July Year 2 theatre excursion

5 July P&C Lunch order day

1-5 July Parent teacher interviews

## NOTES:

P&C Lunch Order

## PRINCIPALS' MESSAGE

First of all, I would like to start by congratulating the students who recently represented our school in a Soccer Gala day at Harrison School. Mr Joy was overjoyed to hear from many external teachers how beautifully behaved, well mannered and positive our students were across the day! That certainly makes me very proud – to know we are growing our students, in partnership with you as parents and carers, to be exemplary role models out in the world – well done to everyone.

Another definite highlight for our week, was the 'Superstar status' that Mr Phil has elevated to through the recent Mix 106.3 Suburb Song of Palmerston. So many people nominated Mr Phil to be a feature of the song and we applaud these nominations. When a school has a BSO that cares deeply not only for the buildings and grounds, but also everyone inside the gates – it really is something to celebrate!



## P&C BOARD NEWS

**P&C: 24 June 2019**

All P&C activities, meeting agendas and minutes are available from the school website at – [Parent Corner](#)

**School Board: 24 June 2019**

As a school we are working toward building a culture of PBL – Positive Behaviours for Learning . Mrs Simms and the PBL team, including students, have been busily working on designing and putting up large PBL boards around the school, with expectations for behaviour for everyone to aim for – and this in turn adds largely to an environment where everyone can be safe, respectful learners. Students will see these large metal boards appearing all over the school soon as reminders for the best behaviour to show.

A week of celebrations, congratulations to the students seen in the photo for the recognition from their teachers and myself for their amazing work with various aspects of their academic program. It was a delight to be part of the recent Yr 5/6 assembly, and to see these students receive this award. Congratulations to each of you, it was super lovely to then meet for a morning tea and learn more about you!



*Kate Smith*



## PBL at Palmerston



Our whole school focus, for recognising positive behaviours outside the classroom, for

weeks 9 and 10 (term 2) are....

- We follow what signs say
- We show we are learners throughout the day

### UPCOMING EVENTS

#### Preschool Hatching Chicks Program

Date: **Monday 24 June 2019**

Location: Palmerston Preschool



#### Kindergarten Health Checks

Date: **Wednesday 26 June & Thursday 27 June**

Location: PDPS

#### Year 2 Theatre Excursion

Date: **Thursday 4 July 2019**

Location: Canberra Theatre

#### P&C Lunch Order Day

Date: **Friday 5 July 2019**

Location: PDPS



## Environmental Science

Students participating in environmental science classes with Mrs Campbell this week made San Choy Bau. This dish proved very successful and popular amongst the students. The recipe was modified to be inclusive by using halal chicken mince, olive oil and water chestnuts. The lettuce, parsley and garlic were sourced from the school kitchen garden and the limes and mint were sourced from a community member, the "chicken lady" Michelle. The recipe is designed to be modified for taste and favourite vegetable, spice and herb. Children enjoyed the fresh taste experience. Enjoy making your own version of this tasty recipe!

# San Choy Bau

## Ingredients

- Lettuce leaves
- Vegetable oil – 1 tablespoon
- Garlic – 2 cloves finely chopped
- Ginger – 2cm piece grated
- Parsley – small bunch – finely chopped
- Celery leaves – finely chopped
- Brown onion -1 finely chopped
- Spring onion – 2 thinly sliced
- Chicken mince- 300 grams
- Soy sauce – 1 tablespoon
- Hoisin sauce – 2 tablespoons
- Lime -1 juiced
- Water chestnuts- ¼ cup finely chopped
- Celery – chopped finely
- Carrots - grated
- Rice Noodles- 1 square soaked in hot water
- Coriander- ¼ cup fresh leaves - roughly chopped for topping
- Mint – 1 small bunch – finely chopped – for topping

Optional: fresh red chilli finely chopped and /or sweet chilli sauce – for topping

## Method

- Step 1 Wash lettuce leaves, pat dry and prepare leaves on a tray.
- Step 2 Heat wok or frypan. Add oil and fry garlic, ginger, parsley, celery leaves, brown and spring onion. Add chicken mince and fry until mince changes colour. Break up chicken mince into small pieces.
- Step 3 Add soy sauce, hoisin sauce, lime juice, celery, carrot and water chestnuts and fry until all combined
- Step 4 Stir noodles through the chicken mix. Break into small pieces
- Step 5 Spoon chicken and noodle mix into lettuce leaves. Sprinkle with coriander and mint leaves before serving. Add fresh chilli or sweet chilli sauce - optional



Mrs Campbell



## Year 2 News

Year two have been wondering about water. During term one, we explored the needs of living things and how all living things need water to survive.

This term, we have gained a deeper understanding of water as a precious resource. We have incorporated the key vocabulary about the water cycle into our writing, using words such as collection, evaporation, condensation and precipitation.

As we know, fresh water is so precious, so we have been exploring ways to save water around our school and homes.

Some ideas year two have brainstormed include:

- Turning off taps and bubblers when we are not using them
- Taking shorter showers
- Reusing water in the garden, when we can
- Not wasting our drinking water

As part of our inquiry unit, we made rain gauges to measure rainfall. We explored how to ensure our measurements were accurate and we are recording the rainfall in a graph.

We look forward to continuing to consider ways to be sustainable at our school.



## Defence News

### Defence Community Organisation – Events



#### Pot Luck Lunch – Canberra

Wednesday 26<sup>th</sup> June 12-3pm

Gungaharra Homestead

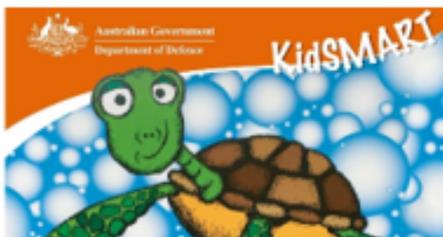
Mapleton Ave Harrison

**FREE Event – This event is only for Australian Defence Force members and their families.**

ADF partners and families are invited to join us for a Pot Luck Lunch and recipe swap. Let's help one another survive the Canberra winter with some good 'ole fashioned' home style cooking. Please bring along your favourite winter dish to share and attach a copy of the recipe. Come and relax with other ADF families and our local DCO team, sharing and enjoying a variety of winter favourites.

Please note: There needs to be a recipe attached to your dish to share, in case of food intolerances, and there is only one oven and microwave at venue, so it's preferred if dishes are pre-heated.

**Further booking information can be found at Defence Community Organisation Facebook Page.**



#### DCO KidSMART Program

Commences Thursday 8<sup>th</sup> August, 3:30 – 5:00pm

Defence Community Organisation

Ground Floor, 8 Thesiger Crt, Deakin

**Details: This event is only for the children of Australian Defence Force members.**

The KidSMART program is designed to help primary school aged children manage issues arising from parent deployment and absence from home. It helps children to learn how to manage change, stay connected with friends, meet new people, and coping strategies when they are feeling stressed or anxious and handling different situations.

DCO is offering a four-week program for children aged from 7-10, running on consecutive Thursdays during August for one and a half hours each week (8,15,22,29 August).

Children will be provided with afternoon tea upon arrival. Parents do not need to stay for the sessions, but if you would like to remain close by the Mint Café is located across from DCO and is open until 5pm, also Deakin shops are nearby.

When registering, ensure your contact details are accurate. You will receive a booking confirmation via email, and you will be contacted to provide further registration details before the start of the program.

Please head to the Defence Community Organisation Facebook Page for booking information or alternatively contact Defence Family Helpline on 1800 624 608. I can also assist you with further information if you require assistance with bookings at [kristy.retzlaff@ed.act.edu.au](mailto:kristy.retzlaff@ed.act.edu.au)

## Defence News

### Duntroon Community Centre – Upcoming Events

For further details please see Duntroon Community Centre Facebook page for booking information.



### \*\*\*POSTINGS\*\*\*

As posting orders arrive please keep me updated with your families plans for relocation or absences e.g. deployment or courses. So, I can best support your child/ren at school. Please contact [kristy.retzlaff@ed.act.edu.au](mailto:kristy.retzlaff@ed.act.edu.au) or Ph: 6142 1440.

Thank-you,

Kristy Retzlaff

Defence School Mentor

## Protect yourself and your family from the flu

Getting vaccinated is the best way to prevent your family getting the flu this winter. The flu vaccine can save a child's life.

The vaccine is safe, and everyone 6 months of age and over, including pregnant women and young children, should get the vaccination.

Children are more likely to contract the flu, spread it around, and are at a higher risk of serious complications if they get sick. The flu is highly contagious and is spread easily through childcare centres and schools.

The flu vaccine is free in the ACT for:

- children aged 6 months to under 5 years
- pregnant women
- people 65 years of age and older
- all Aboriginal and Torres Strait Islander people aged 6 months and older, and
- people aged 6 months and older with some medical conditions such as severe asthma, heart or lung disease, diabetes or weakened immune systems.

### Where to get your flu vaccination

Everyone can get a flu vaccine from their GP or immunisation provider.

People over 16 years of age can also get a vaccine at some pharmacies.

ACT Government Early Childhood Immunisation Clinics provide a free flu vaccination for children aged 6 months to under 5 years. To book an appointment, call Community Health Intake on 02 5124 9977.

Learn more about influenza and where to get your vaccination at [health.act.gov.au/flu](http://health.act.gov.au/flu)



## P&C NEWS



The P&C are fundraising with the Entertainment book. The Entertainment™ Book is a local restaurant and activity guide which provides hundreds of up to 50% off and 2-for-1 offers from the finest restaurants, cafes, attractions, activities, retailers and hotel accommodation. The Membership entitles buyers to exclusive offers that are virtually restriction-free, and is valid through to 1 June 2020!

The Entertainment™ Digital Membership (app) puts all of the value of the Entertainment™ Book into the customer's smartphone. With 'near me' technology and the ability to show and save using a phone, this is perfect for the person on-the-go, with no card or voucher to present.

You can purchase a book through the front office or download the app via this link

<https://www.entertainmentbook.com.au/orderbooks/2487s6>

### Bolognaise Pasta Lunch Order – Friday 5<sup>th</sup> July

Dear parents/carers,

The P&C will be running a pre-ordered **Bolognaise Pasta Lunch order** as a fundraiser.

The cost will be \$5 for a serve of Bolognaise & Pasta and a fruit box drink.

If you would like to order a lunch pack, please return the attached order form and money to the [Boomerang Box](#) in the front foyer between now and **FRIDAY 28<sup>th</sup> June 2019**.

Please fill in 1 order form PER child.

Thank you in advance for supporting this P&C initiative. If you have any questions, please contact Helen Ritchie on 0406 378 294 or email [helen@ritchiecreative.net](mailto:helen@ritchiecreative.net)

#### INGREDIENTS

**BOLOGNAISE:** Beef Mince, onion, garlic, dried basil, tinned chopped tomatoes, grated carrot, grated zucchini. (Sauce will be blended smooth)

**VEGAN:** TVP (Soy based meat replacement) OPTIONAL, onion, garlic, dried basil, tinned chopped tomatoes, grated carrot, grated zucchini. (Sauce will be blended smooth)

**GLUTEN FREE** Pasta available on both.

✂.....

Childs Name:.....Class:.....

Order	Price	Tick	Drink (No Added Sugar)	Sauce Choice	Gluten Free
<b>A - Pasta + Drink</b>	\$5	<input type="checkbox"/>	<input type="checkbox"/> <i>Apple + Blackcurrant</i> <input type="checkbox"/> <i>Tropical</i> <input type="checkbox"/> <i>Orange</i> <input type="checkbox"/> <i>Water</i>	<input type="checkbox"/> <i>Beef</i> <input type="checkbox"/> <i>Vegan with TVP</i> <input type="checkbox"/> <i>Vegan</i>	<input type="checkbox"/>
<b>B – Pasta Only</b>	\$4	<input type="checkbox"/>		<input type="checkbox"/> <i>Beef</i> <input type="checkbox"/> <i>Vegan with TVP</i> <input type="checkbox"/> <i>Vegan</i>	<input type="checkbox"/>
<b>C - Extra Pasta</b> (A or B must be ordered)	\$3	<input type="checkbox"/>		<input type="checkbox"/> <i>Beef</i> <input type="checkbox"/> <i>Vegan with TVP</i> <input type="checkbox"/> <i>Vegan</i>	<input type="checkbox"/>
<b>D - Drink Only</b>	\$2	<input type="checkbox"/>	<input type="checkbox"/> <i>Apple + Blackcurrant</i> <input type="checkbox"/> <i>Tropical</i> <input type="checkbox"/> <i>Orange</i> <input type="checkbox"/> <i>Water</i>		
<b>TOTAL ENCLOSED</b>	\$				

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<b>TOTAL ENCLOSED</b>	\$				



With winter upon us, it's important to remember that Canberra has lots of health options that don't involve a trip to a hospital emergency department. Many of these are free and available after hours.

Walk-in Centres provide free, one-off treatment of minor injury and illness, including colds and flu. They're a great choice for children over 2 years of age – children under 2 should see their GP.

Walk-in Centres are open from 7.30am to 10pm, every day of the year. They are staffed by highly skilled nurses who can provide you with a sick certificate and in some cases, medication, saving you time and money.

The service is free and no appointments are necessary.

Walk-in Centres are located in Tuggeranong, Belconnen and Gungahlin.

To find out more about getting the right health care for your symptoms, visit

[www.act.gov.au/yourhealthoptions](http://www.act.gov.au/yourhealthoptions)



# SENSE RUGBY

## Does your child need help to be part of a team or a group?

Sense Rugby is a rugby based Occupational Therapy program and we are teaming up with Just Right Therapy Services, Craig Robberds Coaching and Wests Rugby to launch in Canberra.

We are also generously supported by University of Canberra Faculty of Occupational Therapy.

We use modified rugby drills to help kids:

- Process sensory information
- Focus on activities
- Work on their coordination
- Manage their emotions
- Have fun with other kids!

Come and try it at our launch day! Not only will it be free and fun, it will also be run by Australian Rugby Sevens Olympian – Jesse Parahi.

**When: Sunday, 23 June 2019**

**Time: 10.30am – 3.30 pm**

**Where: Weetangera Oval on Southwell St, Weetangera**



**Sign up on our website at**

[www.senserugby.com.au/sign-up-for-free-launch-dates-here/](http://www.senserugby.com.au/sign-up-for-free-launch-dates-here/)  
or contact us on [Hello@senserugby.com.au](mailto:Hello@senserugby.com.au)

### Our Founders

#### Jesse Parahi

Jesse has been a regular fixture in the Rugby Sevens World Series for the past 6 years. He won a bronze medal at the Glasgow Commonwealth Games in 2014, participated in the Sevens Rugby World Cup in Moscow and was awarded the 2012 RUPA Rugby sevens excellence award. In 2015, he helped the team qualify for the Olympics in Rio and became an Australian Olympian in 2016.



#### Carlien Parahi

Carlien is an experienced Paediatric Occupational Therapist who spends her days helping children and their families to get to the bottom of learning, developmental and social-emotional delays. She has significant experience in helping parents to understand more about and help children to overcome or improve Sensory Processing Disorders/difficulties, delays in gross motor or fine motor skill development, Autism Spectrum Disorders, Social-emotional difficulties, ADHD and many more. Carlien has a special interest in sport and its therapeutic use. Her empathetic nature and knowledge in child development has helped hundreds of children become more successful at their daily activities.

### GET IN TOUCH

[WWW.SENSERUGBY.COM.AU](http://WWW.SENSERUGBY.COM.AU)  
[HELLO@SENSERUGBY.COM.AU](mailto:HELLO@SENSERUGBY.COM.AU)  
PH: 0421 229 069

FACEBOOK: SENSERUGBY  
INSTAGRAM: @SENSERUGBY

## COMMUNITIES @ WORK

Communities@Work

SCHOOL HOLIDAY PROGRAM  
**8-19 JULY****Holiday fun  
starts here!****PALMERSTON**For more information visit [commsatwork.org/enrol](http://commsatwork.org/enrol)Phone **1300 212 273** or email [enrolments@commsatwork.org](mailto:enrolments@commsatwork.org)**Please bring:** Morning tea, lunch, hat, and a drink bottle

\*Limited places available, book early to reserve



Monday 8 July

**Mini Cities**

Today we're staying at service and using all sorts of materials to create our own mini city. We might use recyclables, the natural environment, or craft materials. If you think of a way to make a city, we'll try it.

**In-Service**

Monday 15 July

**The King & Queen of Green**

We're treated to a show from Eaton Gorge Theatre Company about the Rubbish Realm. The show deals with environmental issues including pollution, packaging, and landfill and how we can reduce our negative impact on our environment.

**12:00pm-1:00pm Incursion**

Tuesday 9 July

**Movie: Toy Story 4**

Today going to see Toy Story 4! Woody, Buzz and the rest of the gang embark on a road trip with Bonnie and a new toy named Forky. We'll join them as their adventure turns into an unexpected reunion.

**9:00am-12:30pm Excursion**

Tuesday 16 July

**Movie: The Secret Life of Pets 2**

Today we head to Hoyts to see The Secret Life of Pets 2. We join Max and Duke as they encounter canine-intolerant cows, hostile foxes, and a terrifying turkey, all while Max learns how to deal with his anxiety.

**9:00am-12:30pm Excursion**

Wednesday 10 July

**Insane Impro**

Children will be mesmerised by this special workshop. Self-expression, public speaking, lateral thinking and cooperation are all taught through wild and wacky activities. Test the boundaries of your imagination with us today!

**1:30pm-3:30pm Incursion**

Wednesday 17 July

**Into the Wild**

Today we turn our service into the great outdoors. We will create makeshift tents and eat camping foods as we imagine our way into the wild! If the weather is nice we can do an outdoor scavenger hunt as well.

**In-Service**

Thursday 11 July

**Ice Skating**

Ice Skating is a staple activity for our Winter School Holiday Program so today that's exactly where we're heading. Bring your beanie and mittens because it's going to be awfully cold on the ice!

**9:00am-12:30pm Excursion**

Thursday 18 July

**Connect to My Country**

Today we celebrate our connection to country through embracing our Aboriginal past and present. Children will develop their understanding of bush survival, bush tucker, dance, and art through our presenters and throughout the day.

**1:30pm-3:30pm Incursion**

Friday 12 July

**Kids Love to Cook**

Last time we invited KLTC to our service we had such a fantastic time that we've invited them again. This time we will be preparing a completely different meal that we can eat for afternoon tea.

**1:30pm-3:30pm Incursion**

Friday 19 July

**Inflatable World**

Get ready to bounce, jump, and slide as we visit inflatable world in Kambah today! There are obstacle courses, battle arenas, and slides galore but remember; no socks, no play so bring your socks to avoid disappointment!

**9:00am-12:30pm Excursion**

## HIRERS NEWS

### Taekwondo Kids Classes

Palmerston District Primary School- Hall

Thursday Nights (incl holidays)

5 to 8 years – 6.30pm to 7.15

9 years plus – 6.30pm to 8pm

### Special Offer for Palmerston Students:

4 weeks of unlimited classes (includes other branches)

plus FREE uniform (you keep even if you don't continue)

**Only \$19 (normally \$49)**



### Contact Information:

Hwaju Daniel Perez

7<sup>th</sup> degree International Instructor

Hwarang Taekwon-do Canberra

0478214445

[enquiries@taekwondo-canberra.com.au](mailto:enquiries@taekwondo-canberra.com.au)

<https://taekwondo-canberra.com.au>

<https://www.facebook.com/taekwondocanberra/>



### ParentLink

ParentLink provides parenting education to the community, from birth to teenage years. It is available for parents, carers, kin, teachers, and the broader community, providing information and links to local resources and services.

The ParentLink website provides links to all ParentLink guides including a variety of topics - *Starting School*, *More than Reading and Writing*, *Optimism* and *Cyber Safety*.

The ParentLink suite of resources includes guides specifically for Aboriginal and Torres Strait Islander families, and access to resources for diverse cultural groups.

ParentLink guides are available to view and order via the website at, <https://www.parentlink.act.gov.au/>

**TRANSPORT CANBERRA'S NEW PUBLIC TRANSPORT NETWORK STARTS**

# WE'RE CONNECTING CANBERRA

**From Monday 29 April 2019 our transport network will be transformed.**

Routes and timetables will change to deliver a better, more connected transport network by having light rail and more buses, more often, 7 days a week.

To find out how Canberra's network is changing or to plan your future trip, visit [transport.act.gov.au](https://transport.act.gov.au)

CANBERRA IS BETTER CONNECTED

ACT Government | Transport Canberra

### PARKING AROUND SCHOOLS



As we drive and park our cars around schools we all need to ensure the safety of school students is our priority. Parking illegally and unsafely across pedestrian crossings, corners and verges puts children at risk. We all need to help keep our children safe. Here is a short video demonstration: <https://youtu.be/AsIMVXpA9Zc>

Access Canberra inspectors will be patrolling our school zones to help us ensure drivers do the right thing.